Mindful Hiccups

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 14 April 2024 |

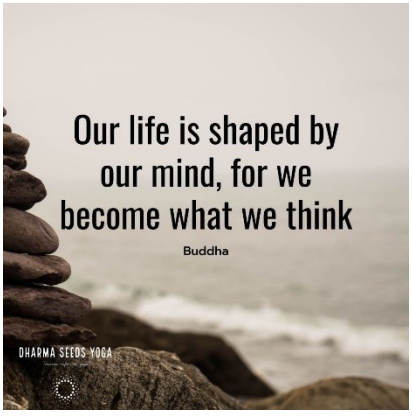
New Book just published

Mindful Hiccups

Life throws unexpected challenges, even when you're on a spiritual path. Like everyone else, I have my own set of hurdles. I'm **neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury**. When these difficulties arise, I always have two choices: I can rely on my spiritual practices to help me cope, or I can let the negativity overwhelm me. As an old country saying goes, 'Either the tail wags the dog, or the dog wags the tail.' The choice is mine, and it's about taking control.

For example, two weeks ago I exchanged emails with my sister. Some of her follow-up questions triggered a negative reaction in me, though she didn't intend them that way. Instead of spiraling into negativity, I chose to use mindfulness techniques. This prevented me from absorbing her unintentionally triggering words and the negative energy they sparked.

A couple of days later, we talked on the phone. Since I used my mindfulness techniques, there was no need for my sister to apologize. As it turned out, I had misinterpreted her emails. We've grown so accustomed to interpreting text on screens that we miss the visual cues of in-person communication. This experience reinforced that personal, face-to-face interactions are vital for human growth, not just reading words.



I have questioned that with my injured qualities why sometimes I forget to use my mindfulness techniques.

There's a misconception in the question. Mindfulness isn't necessarily more prevalent among disabled people. Anyone can learn and benefit from mindfulness practices.

Here's a breakdown:

- **Mindfulness is a skill:** It's a way of training your attention to be present in the moment and observe your thoughts and feelings without judgment. Just like any skill, anyone can develop it with practice.
- **Challenges can foster resilience:** While disability can bring challenges, it can also lead to a deeper understanding of oneself and a greater need to develop coping mechanisms. This can motivate someone to learn mindfulness.
- **Mindfulness benefits everyone:** It helps manage stress, anxiety, and negative emotions, which are helpful for everyone, regardless of disability.

Here's how you might reframe your thinking:

- **People with disabilities may be more likely to seek out mindfulness due to the challenges they face.**
- **Mindfulness can be a powerful tool for anyone to manage difficult emotions and navigate life's challenges.**

Here's an explanation of how mindfulness is a skill, broken down into key points:

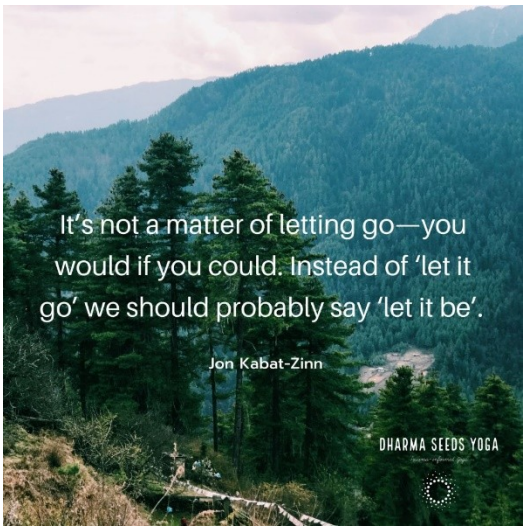
Mindfulness: More Than Just Awareness

- **Active Focus:** Mindfulness isn't just about being aware of the present moment. It's about intentionally directing your focus to your thoughts, feelings, and sensations without judgment. It's about learning to be an observer of your own mind.
- **Learning to Let Go:** We often get caught up in cycles of negative thinking or emotional reactivity. Mindfulness teaches you to acknowledge your thoughts and feelings but instead of clinging to them, you learn to let them pass without controlling or fighting them.
- **Building a Muscle:** Like any skill, mindfulness requires practice. The more you train your attention, the stronger your ability to stay

present, disengage from unhelpful thoughts, and choose healthier responses becomes.

Why is it like a Skill?

- **It takes practice.** Just like you don't become a great musician overnight, you need to put in the work for mindfulness to become second nature.
- **You get better over time.** At first, your mind may wander a lot, you might get caught up in judgments, and frustration is normal. However, with consistent practice, your focus improves, and it becomes easier to navigate your internal experience.
- **It's adaptable.** You can apply mindfulness skills to many different situations – managing anxiety, coping with pain, improving relationships, and even finding focus in your work.


It's not a matter of letting go—you would if you could. Instead of 'let it go' we should probably say 'let it be'.
Jon Kabat-Zinn
DHARMA SEEDS YOGA

How can you practice mindfulness?

- **Guided Meditations:** A great way to start; you can find many resources online or on apps.
- **Breath Awareness:** Spend a few minutes focusing on your breath, noticing the rise and fall of your body as you breathe.
- **Body Scan:** Pay attention to sensations throughout your body, moving from toes to the top of your head.

Mindfulness is a powerful tool for anyone seeking better emotional well-being and a less reactive life.

Active Focus in Mindfulness: More Than Just Sitting Still

Mindfulness is often portrayed as a state of passive awareness, where you simply sit still and observe your thoughts drifting by. However, "Active Focus" is a crucial aspect that sets it apart from simply being present. Here's a deeper dive into what active focus in mindfulness entails:

Intentional Engagement:

- Unlike passive awareness, active focus requires intentionality. You consciously choose to direct your attention to a specific object, like your breath, a physical sensation, or even a sound. This initial act of directing your focus is the foundation of mindfulness practice.

Staying Present:

- Once you've chosen your focus, the challenge becomes staying present with it. Our minds naturally wander – a thought pops up, a memory surfaces, or we get caught up in planning the future. The key aspect of active focus is gently guiding your attention back to your chosen object when your mind wanders.

Non-judgmental Observation:

- While actively focusing, observe your thoughts and feelings without judgment. Notice them arise and dissipate without getting attached to them. This allows you to see your thoughts and feelings for what they are – mental events – rather than getting swept away by their content.

Training the Attention Muscle:

- Think of your attention as a muscle. The more you practice actively focusing, the stronger and more disciplined it becomes. Over time, you'll find it easier to maintain your focus and less prone to mind-wandering. This translates into greater control over your attention in everyday life.

Benefits of Active Focus:

- Active focus enhances your ability to be present in the moment. It cultivates greater awareness of your internal state, allowing you to respond to situations rather than react impulsively.
- Improved focus spills over to other areas of life. With a trained ability to focus, you can better concentrate on tasks, improve learning, and reduce distractions.
- By observing your thoughts and feelings non-judgmentally, you gain a deeper understanding of your inner world, helping you manage difficult emotions and cultivate emotional resilience.

Examples of Active Focus in Practice:

- **Mindful Breathing:** Focus on the sensation of your breath entering and leaving your nostrils. When your mind wanders, gently bring your attention back to your breath.
- **Body Scan:** Mentally scan your body, noticing any physical sensations without judgment. This can be helpful for managing physical discomfort or tension.
- **Mindful Walking:** As you walk, pay attention to the sensations of your feet touching the ground, the feel of the breeze, and the sounds around you.

Active focus is the key to reaping the benefits of mindfulness. It takes practice, but with consistent effort, you can develop this skill and transform your ability to navigate your inner world and connect with the present moment.

Let's delve deeper into the concept of "Learning to Let Go" within mindfulness practice:

The Grip of Attachment

- Our minds are naturally sticky. We cling to thoughts we like, fight against thoughts we don't like, chase after pleasant sensations, and push away unpleasant ones. This constant struggle and attachment cause stress, anxiety, and emotional turmoil.

Letting Go, Not Giving Up

- Mindfulness teaches us to let go. This doesn't mean becoming passive or indifferent. It means recognizing thoughts, feelings, and sensations

for what they are – transient mental events – and letting them pass by without clinging or fighting.

How to Practice Letting Go

Here's how you cultivate the skill of letting go in mindfulness practice:

1. **Observation:** Start by simply noticing your thoughts and feelings as they arise, without getting caught up in their content. Label them mentally ("This is a thought of anger", "This is a feeling of sadness") to create some distance.
2. **Non-engagement:** Instead of feeding the thought or emotion with attention, let it come and go like a cloud passing across the sky. If you find yourself hooked, gently refocus on your breath or another neutral anchor.
3. **Acceptance:** Accept that the thought or feeling is present without judgment or trying to change it. This creates space and a sense of freedom from being controlled by your internal state.
4. **Impermanence:** Everything is changing constantly, including your thoughts and feelings. By recognizing this, it's easier to let go, knowing that even the most difficult emotions will pass.

Why is it challenging?

- Our brains are wired for survival, which includes holding onto things that feel safe and avoiding perceived danger. Thoughts and feelings can feel like a part of our identity, making letting go feel scary.
- We have deep-seated habits of reacting, ruminating, and battling our feelings. Mindfulness requires us to break those habits and learn a new way of relating to ourselves.

Benefits of Learning to Let Go

- **Reduced reactivity:** You break free from impulsive reactions and instead gain the space to respond consciously and wisely.
- **Emotional Regulation:** Letting go helps regulate intense emotions, easing anxiety, anger, and sadness.
- **Resilience:** You develop the ability to weather life's storms with greater calmness and acceptance.
- **Freedom:** Letting go of negative mental chatter lets you find inner peace and a greater sense of freedom.

Letting go is a continuous process, not a single achievement. With consistent mindfulness practice, you'll cultivate this essential skill and find yourself less entangled in unhelpful thoughts and emotions.

Here are some specific examples of "letting go" in various situations using mindfulness techniques:

Situation 1: Worry and Anxiety

- **The Trigger:** A stressful work deadline is approaching, triggering anxious thoughts like "I'll never get it done," or "I'm going to fail."
- **Mindful Letting Go:**
  - Label the thoughts as "worry thoughts".
  - Notice any physical sensations accompanying the worry (tight chest, racing heart).
  - Acknowledge that the thoughts and feelings are there, but they don't define you.
  - Shift focus to the breath, observing the rise and fall of your belly for a few minutes.
  - Remind yourself: "This too shall pass."

Situation 2: Rumination over a Past Event

- **The Trigger:** An embarrassing moment from the day keeps replaying in your mind.
- **Mindful Letting Go:**
  - Recognize the thought pattern: "I'm stuck in the past."
  - Instead of judging yourself, offer self-compassion: "Everyone makes mistakes."
  - Bring your attention to the present moment – focus on the sounds you hear, the feel of your body on the chair, etc.
  - Visualize the memory as a leaf floating down a stream, watching it drift away.

Situation 3: Anger or Frustration

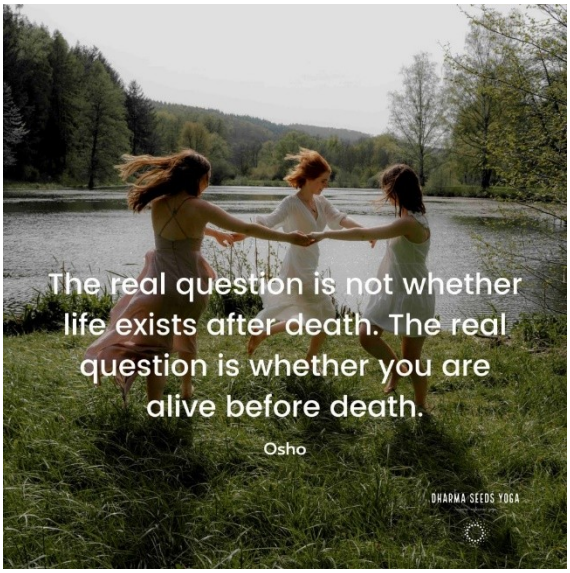
- **The Trigger:** Someone cuts you off in traffic, sparking a surge of anger.
- **Mindful Letting Go:**
  - Notice the physical sensations of anger: heat, tension, clenched jaw.
  - Instead of lashing out, take a few deep breaths, focusing on the sensation of air filling and leaving your lungs.
  - Say to yourself: "This anger is temporary, I don't need to give it power."
  - Remember that the other driver's actions are out of your control, choose to let it go for your own well-being.

Situation 4: Physical Pain

- **The Trigger:** Chronic pain flares up, causing discomfort and frustration.
- **Mindful Letting Go:**
    - Instead of fighting or resenting the pain, focus on observing the sensations with curiosity (throbbing, aching, etc.).
    - Practice acceptance: "The pain is here right now, I can allow it to be present."
    - Send gentle breaths to the area of pain, softening any tension you might be holding.
    - This doesn't eliminate the pain but helps you relate to it differently, decreasing suffering.

Important Notes

- These examples take practice. It won't be perfect at first!
- Letting go doesn't mean suppressing emotions. It means fully experiencing them, but not letting them control you.
- For significant anxiety, rumination, or intense emotions, guidance from a therapist trained in mindfulness would be ideal.


The real question is not whether life exists after death. The real question is whether you are alive before death.
Osho
DHARMA SEEDS YOGA

Let's dig into the concept of mindfulness as a muscle that strengthens over time:

Why Mindfulness is Like a Muscle

1. Neuroplasticity: Our brains are constantly changing with experience. Practicing mindfulness changes neural pathways associated with attention, focus, emotional regulation, and self-awareness. Just like

building physical muscles, repetition and effort create positive alterations.
2. Weakening Old Pathways: We have deeply ingrained habits like reacting to stress with anger, getting stuck in worry cycles, etc. Mindfulness strengthens new neural pathways for calm focus and non-judgment, helping break those old habits.
3. Progressive Training: You wouldn't start weightlifting with the heaviest dumbbells. Similarly, mindfulness starts with short meditations and gradually increases in duration and focus. As you get comfortable with short practices, your 'mindfulness muscle' can handle more challenging or focused exercises.

How the Muscle Strengthens

- Increased Attentional Control: As you practice focusing on the breath or sensations, your ability to control where your attention rests improves. Just like a muscle getting toned, your capacity for sustained focus grows stronger.
- More Resilient to Distractions: Our minds are prone to wandering into worries about the past or future. Mindfulness builds the 'muscle' to notice the wandering more quickly and regain focus without losing your composure.
- Emotional Regulation: Mindfulness makes you less reactive to emotional triggers. You develop 'space' between the trigger and your response. Like a stronger muscle allowing for greater control, mindfulness helps you choose a calm response instead of an impulsive reaction.

What Regular 'Training' Looks Like

- Short Daily Practice: Even five minutes per day, consistently, makes a difference over time. It's like a daily workout for your mental 'muscle'.
- Informal Mindfulness: Integrating mindfulness into activities like walking, eating, or showering strengthens those pathways throughout the day.
- Variety of Practices: Formal meditation is great, but switching up with body scans, breath awareness, or loving-kindness meditation gives your brain a well-rounded workout.

Benefits of a Strong Mindfulness Muscle

- Reduced stress & anxiety
- Improved focus and concentration
- Enhanced emotional regulation
- Increased self-awareness
- Greater resilience in the face of challenges

Important Notes:

- Don't expect instant results: Like any muscle, significant growth comes with consistent practice..
- Be compassionate with yourself: Your mind WILL wander, that's normal! Be patient and keep gently bringing your attention back.
- Everyone's progress is different: Focus on your own growth journey. Some days are easier, some are more challenging – that's part of the process.

Here are some excellent resources to get you started with beginner-friendly mindfulness meditations:

Guided Meditation Apps

- **Headspace:** A popular app with a clear, engaging introduction to mindfulness. Offers short guided meditations, perfect for beginners. bootcamp.uxdesign.cc Headspace app
- **Calm:** Another excellent app featuring guided meditations, sleep stories, and nature sounds for relaxation. www.calm.com Calm app
- **Insight Timer:** This app offers a huge library of free guided meditations from various teachers, allowing you to explore different styles. insighttimer.com Insight Timer app

Websites

- **UCLA Mindful Awareness Research Center:** Offers free downloadable guided meditations on their website. insighttimer.com UCLA Mindful Awareness Research Center website
- **Mindful.org:** A trusted resource with articles, guided meditations, and information about mindfulness. (https://www.mindful.org/) Mindful.org website

YouTube Channels

- **Michael Sealey:** Offers a wide variety of guided meditations for sleep, anxiety, relaxation, and self-discovery. www.speakrj.com Michael Sealey YouTube channel
- **The Honest Guys:** Features guided meditations with a down-to-earth, relaxing approach. www.speakrj.com Honest Guys YouTube channel

Books

- **Mindfulness for Beginners** by Jon Kabat-Zinn: A classic introduction to mindfulness, exploring its foundations and how to integrate it into daily life. www.amazon.com Mindfulness for Beginners by Jon Kabat Zinn book
- **Wherever You Go, There You Are** by Jon Kabat-Zinn: An accessible guide to being present in everyday moments. www.amazon.com Wherever You Go, There You Are by Jon Kabat Zinn book

Remember:

- **Start small:** Begin with 5-10 minute meditations and gradually increase the duration.
- **Consistency is key:** Daily practice brings greater benefits.
- **Find a style that suits you:** Experiment with different apps, teachers, and types of meditation.

Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our ***website***, our guidance on using Yoga for mental health purposes.

https://dharmaseedsyoga.wordpress.com/control/

Yoga

Here are 10 Raja Yoga asanas that promote mindfulness. While any yoga practice can be done with a mindful focus, these hold particular potential to anchor you in your body and breath:

1. **Savasana (Corpse Pose):** Lying flat on your back, you focus solely on relaxing and being present in your body. This simple position can be surprisingly challenging and helps you cultivate awareness. www.yogajournal.com Savasana (Corpse Pose)
2. **Tadasana (Mountain Pose):** Standing tall with feet grounded, you bring awareness to your posture, breath, and alignment. A foundation for other asanas and a tool to develop internal focus. www.verywellfit.com Tadasana (Mountain Pose) yoga pose
3. **Sukhasana (Easy Seat):** A cross-legged seated position used for meditation. Focus on aligning your spine, deepening your breath, and observing any thoughts or sensations that arise. www.verywellfit.com Sukhasana (Easy Seat) yoga pose
4. **Vrksasana (Tree Pose):** Balancing on one leg, you develop concentration to stay steady. Challenges you to find stillness within movement. www.yogajournal.com Vrksasana (Tree Pose) yoga pose
5. **Balasana (Child's Pose)** A gentle, restorative pose allowing for inward focus and relaxation. Excellent for calming the mind and releasing tension. www.nepalyogaacademy.com Balasana (Child's Pose) yoga pose
6. **Bhujangasana (Cobra Pose):** A gentle backbend opening the chest, stimulating energy flow and encouraging presence both in the body

and in your breath. www.yogaclassplan.com Bhujangasana (Cobra Pose) yoga pose

7. **Setu Bandha Sarvangasana (Bridge Pose):** Another mild backbend with grounding effects. Helps release tension in the back while cultivating present-moment awareness. inbalancehealth.ca Setu Bandha Sarvangasana (Bridge Pose) yoga pose
8. **Marjaryasana - Bitilasana (Cat-Cow Pose):** Moving between the two poses in sync with your breath, you tune into your spine and connect breath and movement. yogajala.com Marjaryasana Bitilasana (CatCow Pose) yoga pose
9. **Uttanasana (Standing Forward Fold):** Surrendering into this pose invites introspection. Helps calm the nervous system and encourages letting go of mental chatter. www.ekhartyoga.com Uttanasana (Standing Forward Fold) yoga pose
10. **Meditation in any comfortable seated posture:** After a few asanas, find a comfortable seat and focus purely on the breath, sounds, or sensations. The physical practice prepares you for this deeper stillness.

Important Notes:

- **Listen to your body:** Always adapt the poses to fit your needs and abilities.
- **Focus on the breath:** Your breath is your anchor during asana practice, helping you stay present.
- **Mindful transitions:** Even moving between the poses can be done with focus and attention.

https://youtu.be/x71k4opniZg?si=nCeQR9wUS9_T8Eo1
https://youtu.be/RLDS0XJi4u0?si=VEhceX0af2KKwW24
https://youtu.be/pt-fNXQf72Y?si=_YisYL9XcGS4eoGq
https://youtu.be/qnFcyvQ6QG4?si=fYVa9cWQIixgo47c
https://youtu.be/b6ShzRG-g4k?si=sMp9sy91Hgx1Ipry
https://youtu.be/kNUP_B2khBk?si=N3SGz7xzoNoySZKi
https://youtu.be/B0srAQdRW_k?si=l5xoaNAOUBBI01L_
https://youtu.be/emPl9RPywC4?si=_nTMoFHUbVYhoZGy
https://youtu.be/YC-0gB_dRlg?si=QHXv0hoKjLpNTi9b

Resources

Body Scan Meditation

Time: **15-20 Minutes**

Difficulty: **Easy**

THE BENEFITS OF THE BODY SCAN MEDITATION

- **Builds greater body awareness** - Tuning into sensations across the body helps become more aware of what's going on inside. It also helps you get "out of your mind & into your body"
- **Breaks habitual body tension -** By noticing areas of tightness, we can send conscious breaths to invite softening and relaxation.
- **Cultivates present moment focus -** The process of guiding attention through the body anchors us in the here and now, rather than ruminating on thoughts.
- **Encourages non-judging awareness -** Noticing sensations without labeling them as good or bad fosters equanimity in our body experience.
- **Allows appreciation of the body -** As we systematically scan through the body, we can feel gratitude for all the body does for us.
- **Can be done lying down -** The fact that it can be practiced lying in bed makes it an easy habit, especially helpful before sleep.

Find the instructions for the body scan meditation on the next page. You'll also find a script that you can use.

Body Scan Meditation

Time: **15-20 Minutes**

Difficulty: **Easy**

INSTRUCTIONS

01. Find a Comfortable Position: Begin by finding a quiet, comfortable space where you won't be disturbed. You can do the body scan lying down, sitting, or in any position that feels comfortable for you. Ensure your back is straight, but not tense.

02. Close Your Eyes and Breathe: Gently close your eyes. Take a few deep breaths to center yourself. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. As you breathe, start to let go of external worries and thoughts.

03. Set an Intention: If you like, set an intention for your practice. It could be something like, "May this practice bring calmness and awareness to my body."

04. Begin with Your Feet: Direct your attention to your feet. Notice any sensations you feel here. It could be warmth, coolness, pressure, tingling, or maybe nothing at all. Acknowledge whatever you find.

05. Gradually Move Upward: Slowly move your focus up to your ankles, calves, knees, and thighs. Spend a few moments on each body part. As you do this, remember to breathe naturally. If your mind wanders, gently bring your attention back to the part of the body you are focusing on.

06. Explore Your Torso: Bring your awareness to your lower back and abdomen. Feel your belly rise and fall with each breath. Then, move up to your chest and upper back. Notice the sensations associated with breathing – the expansion and contraction of the lungs, the rise and fall of the chest.

07. Focus on Your Arms and Hands: Shift your attention to your fingers, hands, and arms. Observe any feelings of touch, temperature, or movement.

08. Notice Your Neck, Face, and Head: Bring your awareness to your neck, facial muscles, and the top of your head. Be mindful of any tension or relaxation in these areas.

09. Scan the Whole Body: Now, widen your focus to include the entire body. From the top of your head to the tips of your toes, feel your body as a whole. Breathe in deeply, bringing energy to your body, and breathe out any tension.

10. Conclude Your Practice: When you're ready to finish, start to bring your attention back to the room. Wiggle your fingers and toes, gently stretch if needed, and when you feel ready, open your eyes. Take a moment to notice how your body feels compared to before the meditation.

11. Reflect: After completing the body scan, take a minute to reflect on the experience. Notice any changes in your body or mind. Remember that there's no right or wrong way to feel during this practice.

Body Scan Meditation

Time: **15-20 Minutes**
Difficulty: **Easy**
INCLUDES AUDIO VERSION

SCRIPT

Find a comfortable seated or standing position, or lie down with head support. Allow your body to relax and release tension. When ready, close your eyes and focus on your breath.
Take long, slow deep breaths. Inhale through your nose, feeling your belly expand. Exhale through your nose or mouth. Settle into a natural rhythm.

Bring your attention down to your feet. Start observing any sensations here - perhaps warmth, tingling, numbness, or nothing at all. That's perfectly fine. You can wiggle your toes a little inside your shoes or socks and feel your feet just as they are. Imagine breathing energy into your feet as you inhale. Exhale any tension. If your mind wanders, gently escort it back to your feet.

When you're ready to move on, allow your feet to dissolve in your mind. Shift your focus now to your ankles, calves, knees, and thighs. Pay attention to any sensations arising in your legs. Maybe you notice some tingling or pulsing. Temperature changes. Points of contact with the floor or chair. Just observe with an open, curious mind without needing to change anything.

When you feel ready to transition, go ahead and let the focus on your legs fade. Bring your awareness now into your lower back and pelvic region. Feel any sensations here...is there any stiffness or tension to release? Warmth? Tingling? Throbbing? The rise and fall of breathing? Accept any sensations you discover just as they are.

Slowly move your attention up into your mid and upper back now. Feel into the points of contact, like your back against a chair. The subtle movements caused by breathing. Any areas holding tightness. With each exhale you can imagine letting go of that tension, allowing your breath to relax your back muscles.

Shift your focus next to your stomach. You might notice emptiness or fullness, the feeling of clothing, warmth, digestion or other activity. Just observe with neutral, non-judging awareness.

Now let's bring awareness to your chest. You may become aware of your steady heartbeat. The chest rising with each inhale and falling with each exhale. If your mind begins to wander, gently notice this without judgment and bring it back to noticing the sensations in your chest. Notice how all sensations shift and change moment to moment. Observe how no sensation is permanent. That's okay. Just let them come and go.

When you're ready, guide your focus now down into your hands and arms. Pay attention to any sensations in your fingers, palms, the back of your hands and wrists. You can even imagine your breath flowing in and out through your fingertips if you'd like. Shift your mind between your left arm and your right arm. You might notice a slight difference in sensations – no need to judge this. As you exhale, you may experience the arm soften and release tension.

Now, bring your attention to your neck, shoulders, and throat. We often hold tension here so as you breathe in, imagine the breath dissolving any knots or tightness. Notice any sensations here. Whatever you feel, it's all okay. With each exhale, consciously relax your neck and shoulders even more.

Finally, take a moment now to feel your whole body at once - from the top of your head down to your feet. Allow your entire being to relax into the surface below you. Tune into the gentle rhythm of the breath as it moves through your body.

When you feel ready to end your practice, gently open your eyes and come back to your surroundings. Notice how your body feels now compared with the beginning. See if you can carry that sense of relaxation and mindfulness with you as you transition to the next moments of your day.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**
- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**
- **In The Rooms (web based 12-STEP rooms) https://www.intherooms.com/home/**
- **National Institute of Mental Health**: **https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml**
- **Attention Deficit Disorder Association**: **https://add.org/**
- A**merican Academy of Child and Adolescent Psychiatry**: **https://www.aacap.org/**
- **StopBullying.gov**: **https://www.stopbullying.gov/**
- **The National Bullying Prevention Center**: **https://www.pacer.org/bullying/**
- **The Trevor Project: https://www.thetrevorproject.org/**
- **The National Institute of Mental Health: https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml**
- **The National Autism Association:** https://www.autismspeaks.org/
- **The Learning Disabilities Association of America: https://ldaamerica.org/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

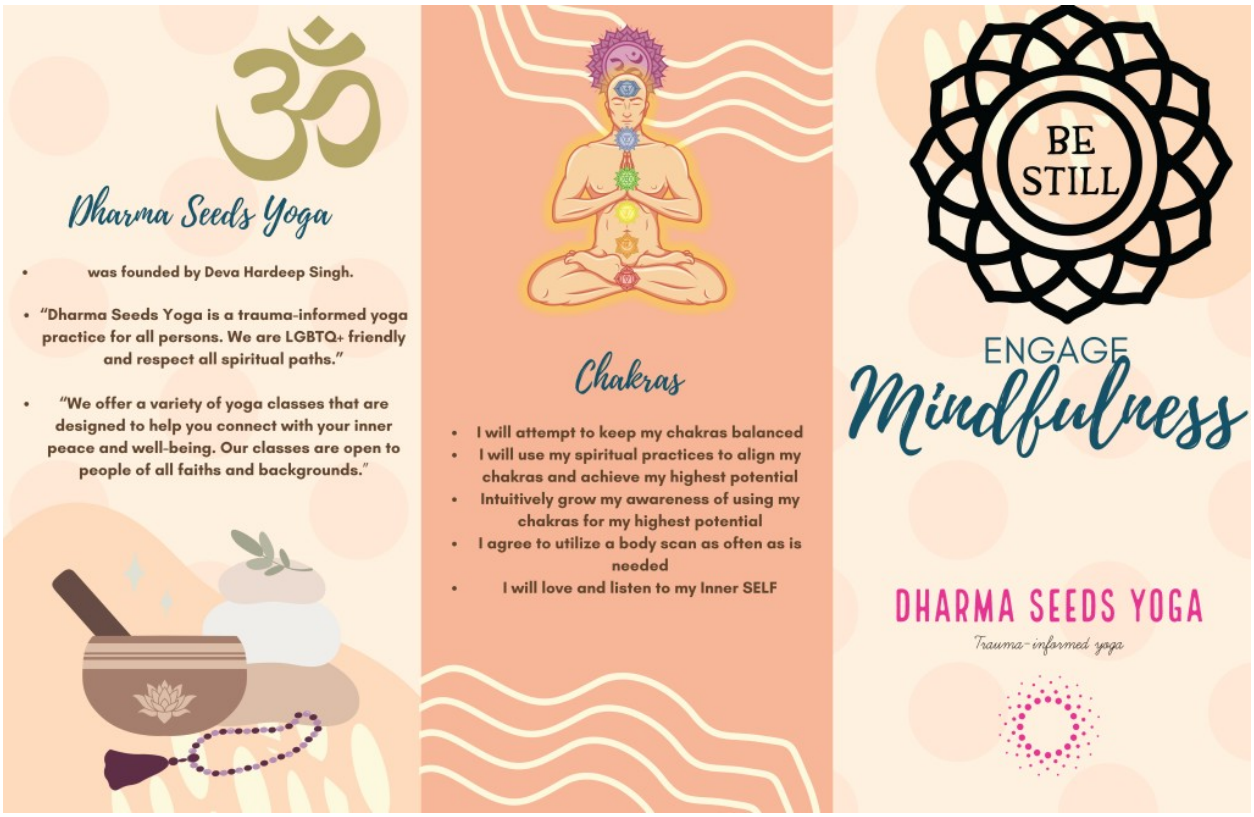
Sign up for our newsletter: http://eepurl.com/hQlzgL

Dharma Seeds Press bookstore: https://www.lulu.com/spotlight/dharma-seeds-yoga-press/

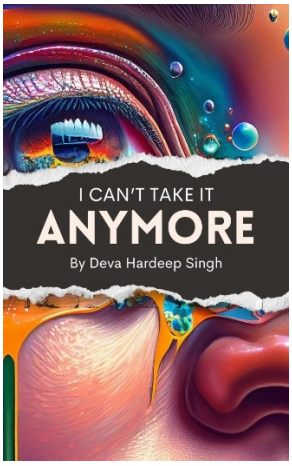
Deva's BoHo Shoppe

Dharma Seeds Yoga *brochure*

Join our Engage Mindfulness ™ *Minds Martial Artist* ™ program FREE


Dharma Seeds Yoga
was founded by Deva Hardeep Singh.
"Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
"We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."
Chakras
I will attempt to keep my chakras balanced
I will use my spiritual practices to align my chakras and achieve my highest potential
Intuitively grow my awareness of using my chakras for my highest potential
I agree to utilize a body scan as often as is needed
I will love and listen to my Inner SELF
BE STILL
ENGAGE
Mindfulness
DHARMA SEEDS YOGA
Trauma-informed yoga

For more information on our Engage Mindfulness ™ please email: **dharmaseedsyoga@gmail.com**

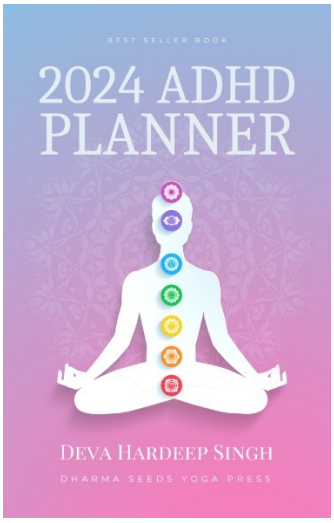


Now For Sale

Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in “He’s Down and Not Responding” (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. “The Divine Feminine is the source of our creativity and intuition” (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, “GET OUT in Nature” (pg. 24) highlights the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room…Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

New Book just published

https://www.lulu.com/shop/deva-hardeep-singh/i-cant-take-it-anymore/paperback/product-rmgj2y8.html?q=deva+hardeep+singhu0026amp;page=1u0026amp;pageSize=4



NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

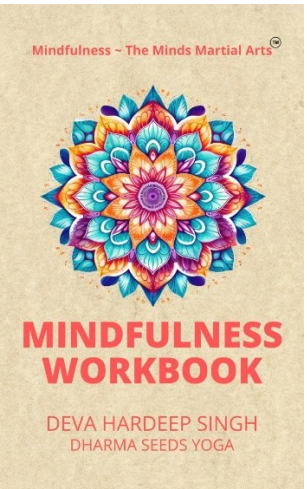
Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·
- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.

- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. · Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

View sample pages | **Buy Now**



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

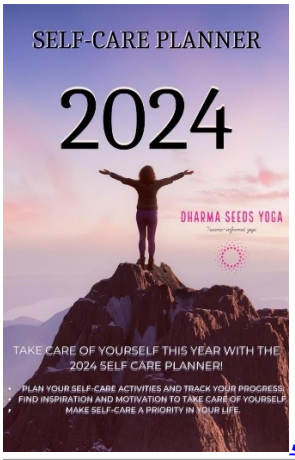
- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind’s Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

Released Now


SELF-CARE PLANNER
2024
DHARMA SEEDS YOGA
TAKE CARE OF YOURSELF THIS YEAR WITH THE 2024 SELF CARE PLANNER!
PLAN YOUR SELF-CARE ACTIVITIES AND TRACK YOUR PROGRESS
FIND INSPIRATION AND MOTIVATION TO TAKE CARE OF YOURSELF
MAKE SELF-CARE A PRIORITY IN YOUR LIFE.
Sample PDF | **Buy Now**

Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and

studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation